

WHEELCHAIR ATHLETES TO HAND CYCLE 500 MILES...

Wednesday 19th May 2010 - Two wheelchair athletes, Alan Cook and Kenny Herriot are undertaking a 500 mile charity hand cycle from Glasgow to Belfast and Dublin and back to raise money for Spinal Injuries Scotland in celebration of its Golden Jubilee year.

Their marathon journey begins in Glasgow on Monday 24th May from the Queen Elizabeth *Spinal Injuries Unit* at the *Southern General Hospital* when they will hand cycle in specially adapted hand cycling bikes from Glasgow to Cairnryan to catch the ferry to Larne, Northern Ireland.

Tuesday 25th May will see them travel from Larne to Belfast when they will stop to meet and give a talk to the patients and staff at the Spinal Cord Injuries Unit at Musgrave Park Hospital, Belfast.

On Wednesday 26th May they will be travelling between Belfast and Drogheda and on Thursday it is on from Drogheda to Dublin where the lads will stop at the National Medical Rehabilitation Centre, Dun Laoghaire at 1.00pm to meet patients and staff there.

Alan, a project manager with Spinal Injuries Scotland and Kenny a motivational speaker and athlete will be supported by road crew, Kevin Toogood who will be travelling behind them. Kevin is responsible for first aid to both the boys and their bikes throughout their weeklong trip.

Alan Cook commented: "We are expecting Monday to be the most difficult of our trip as we have 90 miles to cycle and at least 30 of those miles are along the very busy A77 from Glasgow. We also have a ferry to catch that evening so the pressure will be on however, we are hoping that people will come out and support us along the way – rain or shine – to help us raise thousands for Spinal Injuries Scotland."

The charity hand cycle is sponsored by Digby Brown LLP and Hollister amongst others.

ENDS

Glasgow photo call:

Meet both Alan and Kenny at 2.00pm - Sunday 23rd May - Queen Elizabeth *Spinal Injuries Unit*, *Southern General Hospital*, 1345 Govan Road, Glasgow G51 4TF. Please call Alan Cook on his mobile to arrange access.



For further information and interviews:

Please contact Alan Cook, project manager at Spinal Injuries Scotland on 0141 427 76886 or via email alan@sisonline.org before the journey begins. Thereafter Alan will be available on his mobile 07977 190649.

You can sponsor Alan please visit his JustGiving site at www.justgiving.com/alancook-handcycle

Their itinerary:

You can meet Alan and Kenny at various points throughout their journey including:

- 1.00pm - Tuesday 25th May - Spinal Cord Injuries Unit, Musgrave Park Hospital, Stockman's Lane, Balmoral, Belfast BT9 7JB
- 1.00pm - Thursday 27th May - National Medical Rehabilitation Centre, Rochestown Avenue, Dun Laoghaire, Dublin Eire SB 30.